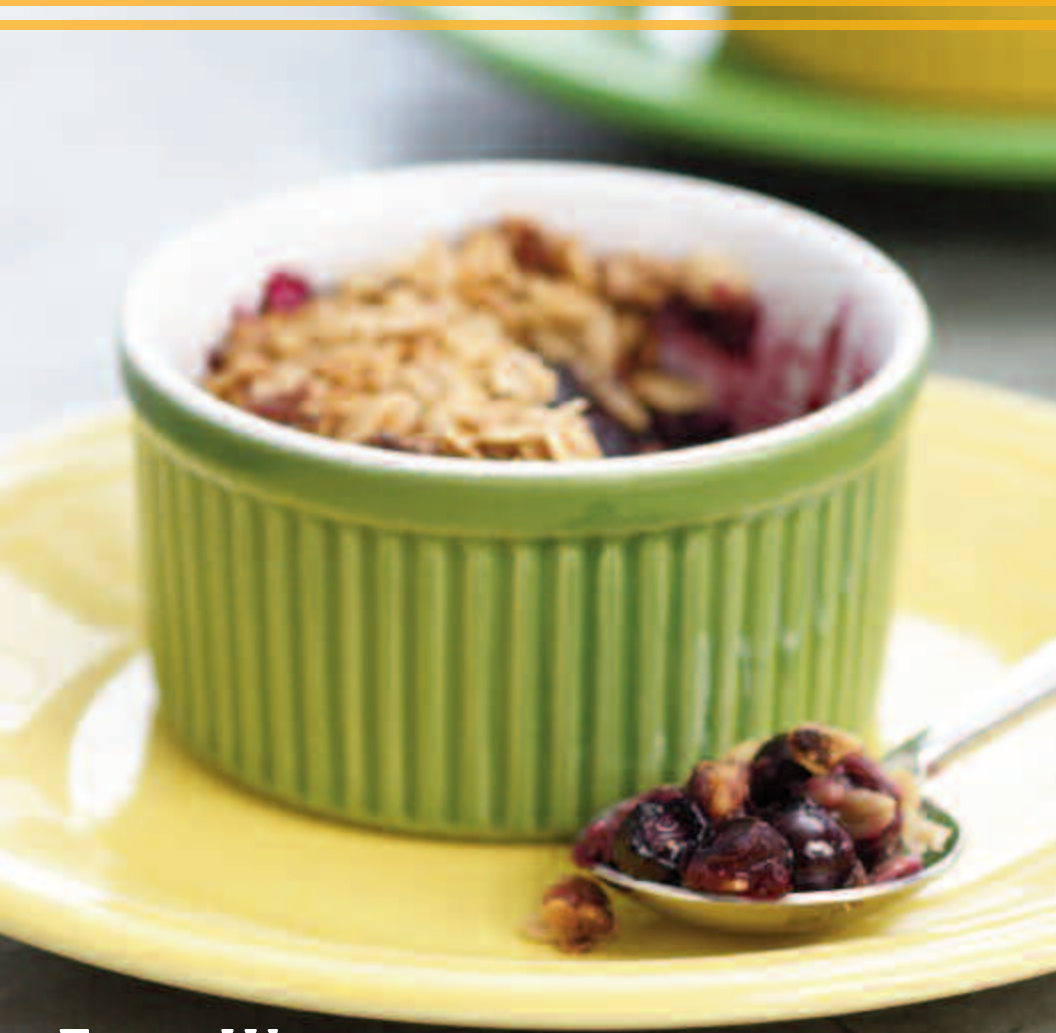


# EASY SEASONAL DESSERTS



Each season brings particular culinary treats that just aren't the same during the rest of the year. From fresh, plump berries in the spring to sweet, fuzzy peaches in summer, tart, crisp apples and pumpkins in the fall and a cozy chocolate-citrus tart in the wintertime, EATINGWELL hopes that you take advantage of seasonal produce and enjoy this mini-cookbook year-round.

—*The Editors at EATINGWELL*

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Cover: Blueberry Crumble  
Photographs by Ken Burris

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## LEMON-POPPY SEED CAKE

**ACTIVE TIME:** 20 minutes | **TOTAL:** 50 minutes

*Just like your favorite morning muffin made into an elegant cake. Unlike that bakery muffin, though, you can help yourself to seconds: each serving has just 1 gram saturated fat.*



- 2 tablespoons plus 1 1/4 cups sugar**
- 2 cups all-purpose flour**
- 3 tablespoons poppy seeds**
- 2 teaspoons baking powder**
- 1 teaspoon baking soda**
- 1/2 teaspoon salt**
- 1 large egg**
- 1 cup buttermilk**
- 3 tablespoons canola oil**
- 2 teaspoons freshly grated lemon zest**
- 1 teaspoon vanilla extract**
- Lemon Curd, optional (below)**

1. Preheat oven to 350°F. Lightly oil a 6- or 8-cup tube pan or coat it with nonstick spray. Sprinkle pan with 2 tablespoons sugar, tapping out excess.
2. In a large bowl, whisk flour, poppy seeds, baking powder, baking soda and salt.
3. In another bowl, whisk egg until frothy. Whisk in remaining 1 1/4 cups sugar, buttermilk, oil, lemon zest and vanilla. Gradually add wet ingredients to dry ingredients, whisking until just moistened. Pour batter into prepared pan.
4. Bake cake for 30 to 40 minutes, or until top springs back when touched lightly and a skewer inserted in the center comes out clean. Immediately loosen edges and invert onto a wire rack. Let cool completely. Serve with Lemon Curd, if desired.

**MAKES 12 SERVINGS.**

**PER SERVING:** 218 CALORIES; 5 G TOTAL FAT (1 G SAT, 2 G MONO); 18 MG CHOLESTEROL; 40 G CARBOHYDRATE; 4 G PROTEIN; 1 G FIBER; 273 MG SODIUM; 73 MG POTASSIUM.

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## LEMON CURD

**ACTIVE TIME:** 15 minutes | **TOTAL:** 20 minutes

In a medium nonreactive saucepan, whisk 1 large egg, 2 large egg whites, 3/4 cup sugar, 2/3 cup fresh lemon juice and 1 tablespoon freshly grated lemon zest. Add 1 tablespoon butter and cook over low heat, whisking constantly, until thickened, 5 to 7 minutes. Do not let sauce come to a simmer. Transfer to a small bowl and let cool slightly; serve warm. (The sauce will keep, covered, in the refrigerator for up to 2 days.)

**MAKES ABOUT 1 1/2 CUPS.**

**PER TABLESPOON:** 33 CALORIES, 0 G FAT.

## DARK ROAST CREME BRÛLEE

**ACTIVE TIME:** 30 minutes | **TOTAL:** 4½ hours (including cooling time)

**EQUIPMENT:** Butane creme brûlée torch (or see Tip)

*Inspired by a recipe developed by Chef Patrick Grangien at Cafe Shelburne in Shelburne, Vermont, this lightened version has less than half the calories and one-eighth the fat of a classic brûlée.*

- ¼ cup dark-roast coffee beans (see Note)**
- 2½ cups low-fat milk**
- 4 large egg yolks**
- ½ cup nonfat sweetened condensed milk**
- 1 tablespoon cornstarch**
- 1 teaspoon vanilla extract**
- 6 tablespoons granulated sugar**

1. Place coffee beans in a ziplock bag and crush with a rolling pin. Transfer to a medium saucepan, add milk and heat until steaming and tiny bubbles form around the edges of the pan. Remove from heat and let stand, covered, for 30 minutes.

2. Preheat oven to 325°F. Bring a kettle of water to a boil for the water bath. Line a roasting pan with a folded kitchen towel. Place six 6-ounce (¾-cup) custard cups or ramekins in the pan.

3. Pour the coffee milk through a cheesecloth-lined sieve into a medium bowl. Whisk egg yolks, condensed milk, cornstarch and vanilla in a large bowl until smooth. Gently whisk in the milk. Skim foam. Divide the mixture among the custard cups. Skim any remaining foam.

4. Pour enough boiling water into the roasting pan to come halfway up the outsides of the custard cups. Cover custards with parchment paper, then loosely with foil. Bake until the edges are set but the centers still quiver, 40 to 50 minutes. Transfer to a wire rack and let cool for 30 minutes. Cover loosely with plastic wrap and refrigerate until chilled, at least 3 hours or for up to 2 days.

5. Just before serving, sprinkle 1 ½ teaspoons sugar evenly over one custard. Using the flame of a butane torch, start at the edges and move toward the center until the sugar melts and becomes caramelized. (If you do not have a butane torch, see the No-Torch Crust Method.) Sprinkle with another 1 ½ teaspoons sugar and repeat to make a thicker layer of caramel. Repeat with the remaining custards and sugar. Let stand until the caramel hardens, 3 to 5 minutes. Serve immediately.

**MAKES 6 SERVINGS.**

**PER SERVING:** 211 CALORIES; 4 G FAT (2 G SAT, 2 G MONO); 145 MG CHOLESTEROL; 36 G CARBOHYDRATE; 8 G PROTEIN; 0 G FIBER; 87 MG SODIUM; 136 MG POTASSIUM.



**SUBSTITUTION NOTE:** In Step 1, heat the milk with 5 teaspoons instant coffee granules and continue with the recipe (it doesn't need to steep).

Cracking the caramel crust and scooping up the rich, creamy custard of a creme brûlée is a pleasure usually reserved for a special night out at a restaurant. The most efficient way to caramelize the custards is to use a torch; special creme brûlée torches that use butane fuel are available at cookware stores and in catalogs. If you do not have a torch, follow our alternative method below. (If making the caramel crust seems like too much trouble, just skip it and call your dessert a pot de creme; decorate with a few chocolate-covered espresso beans.)

**NO-TORCH CRUST METHOD:** Caramelize the sugar in a saucepan and pour it over the custards as follows: Combine  $\frac{2}{3}$  cup sugar and  $\frac{1}{3}$  cup water in a small saucepan. Bring to a simmer over medium-high heat, stirring to dissolve the sugar. Cook, without stirring, until the syrup turns dark amber, 3 to 5 minutes, tilting the pan as necessary to ensure even caramelization. Let stand until the bubbles subside, then carefully spoon caramel over each custard, tilting to form an even layer. (If the caramel hardens in the saucepan, warm it over low heat until pourable.)

## STRAWBERRY-RHUBARB BREAD PUDDING

**ACTIVE TIME:** 30 minutes | **TOTAL:** 1 3/4 hours | **TO MAKE AHEAD:** Prepare the pudding through Step 3; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 4.

*Gingersnaps add a sublime note to the classic spring combination of strawberries and rhubarb.*

### CUSTARD

- 4 large egg whites
- 4 large eggs
- 1 cup nonfat milk

### SEASONINGS

- 1/2 cup sugar
- 1 tablespoon vanilla extract
- 1 teaspoon freshly grated orange zest

### BREAD & FILLING

- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 1/2 pound, 4-6 slices)
- 2 cups roughly broken gingersnaps
- 2 cups quartered strawberries, fresh or frozen (thawed)
- 1 cup diced rhubarb
- 1/4 cup chopped walnuts, lightly toasted (*see Tip*)

### TOPPING

- 1/4 cup chopped walnuts, lightly toasted, or Streusel Topping



1. Preheat oven to 375°F. Coat an 11-by-7-inch glass baking dish or a 2-quart casserole with cooking spray.
2. To prepare custard: Whisk egg whites, eggs and milk in a medium bowl. Add sugar, vanilla and orange zest: whisk to combine.
3. Toss bread, gingersnaps, strawberries, rhubarb and 1/4 cup walnuts in a large bowl. Add the custard and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
4. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with 1/4 cup walnuts (or Streusel Topping) and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.

**MAKES 8 SERVINGS.**

**PER SERVING:** 320 CALORIES; 10 G FAT (2 G SAT, 3 G MONO); 106 MG CHOLESTEROL; 46 G CARBOHYDRATE; 11 G PROTEIN; 4 G FIBER; 334 MG SODIUM; 374 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (43% DAILY VALUE), Folate (26% DV), Iron (20% DV).

**TIPS:** Spread walnuts on a baking sheet, place in a preheated 350°F oven and toast, stirring once, until fragrant and lightly browned, 7 to 9 minutes.

**TO MAKE STREUSEL TOPPING:** Combine 1/3 cup flour, 1/4 cup oats (preferably old-fashioned), 2 tablespoons brown sugar and 2 tablespoons canola oil in a small bowl. Spread the mixture on top of the pudding after the initial 40 to 45 minutes of baking.

## CHERRY-ALMOND CRUMBLE

**ACTIVE TIME:** 20 minutes | **TOTAL:** 1 hour 10 minutes

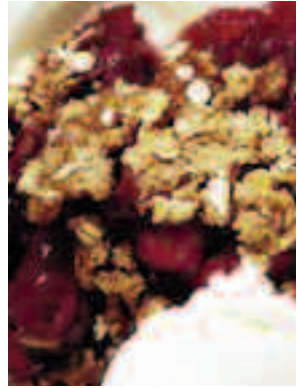
*A fruit crumble offers the luscious flavor of a fresh fruit pie without the fuss of making a crust. Celebrate the arrival of cherries with this rich-tasting crumble.*

### FILLING

- 1 1/2 pounds sweet cherries (5 cups), pitted**
- 1 cup raspberries**
- 1/3 cup sugar**
- 1 tablespoon cornstarch**
- 1 tablespoon lemon juice**
- 1 tablespoon kirsch or brandy (optional)**

### TOPPING

- 2/3 cup whole-wheat flour**
- 1/2 cup old-fashioned rolled oats (*not instant*)**
- 1/2 cup packed light brown sugar**
- 1 teaspoon ground cinnamon**
- Pinch of salt**
- 1 tablespoon butter, cut into small pieces**
- 1 tablespoon canola oil**
- 3 tablespoons frozen orange juice concentrate**
- 1 tablespoon chopped slivered almonds or walnuts**
- 1 1/2 cups reduced-fat vanilla ice cream or nonfat vanilla frozen yogurt (optional)**



- 1.** Preheat oven to 375°F. Coat an 8-by-8-inch baking dish (or similar 1 1/2- to 2-quart dish) with cooking spray.
- 2. To make the filling:** Combine cherries, raspberries, sugar, cornstarch, lemon juice and kirsch or brandy (if using) in a large bowl. Toss to coat. Place the filling in the prepared baking dish. Cover with foil and bake for 20 minutes.
- 3. To make the topping:** Mix flour, oats, brown sugar, cinnamon and salt in a medium bowl with a fork. Add butter and blend with a pastry blender or your fingertips. Add oil and stir to coat. Add orange juice concentrate and blend with your fingertips until dry ingredients are moistened.
- 4.** When the filling has baked for 20 minutes, stir it and sprinkle the topping evenly over the surface. Sprinkle with almonds (or walnuts). Bake, uncovered, until fruit is bubbly and tender and topping is lightly browned, 20 to 25 minutes more. Let cool for at least 10 minutes before serving. Serve warm or at room temperature with ice cream (or frozen yogurt), if desired.

**MAKES 8 SERVINGS, 1/2 CUP EACH.**

**PER SERVING:** 248 CALORIES; 5 G FAT (1 G SAT, 2 G MONO); 4 MG CHOLESTEROL; 52 G CARBOHYDRATE; 4 G PROTEIN; 5 G FIBER; 16 MG SODIUM; 371 MG POTASSIUM.

## BERRY FROZEN YOGURT

**ACTIVE TIME:** 10 minutes | **TOTAL:** 1 hour 35 minutes (including 1 hour chilling time) | **TO MAKE AHEAD:** Freeze in an airtight container for up to 1 week. Let soften in the refrigerator for 1/2 hour before serving. | **EQUIPMENT:** Ice cream maker or food processor

*Somewhere between a fruity sorbet and a creamy ice cream lies this richly flavored low-fat dessert.*

**3 cups fresh or frozen and partially thawed blackberries or raspberries or a mixture of blackberries, raspberries and blueberries**

**6 tablespoons sugar**

**1 tablespoon lemon juice**

**3/4 cup low-fat plain yogurt**

**1.** Combine berries, sugar and lemon juice in a food processor; process until smooth. Add yogurt and pulse until mixed in. If using fresh berries, transfer the mixture to a medium bowl, cover and refrigerate until chilled, about 1 hour.

**2.** Transfer the berry mixture to an ice cream maker and freeze according to manufacturer's directions. (*Alternatively, freeze the mixture in a shallow metal pan until solid, about 6 hours. Break into chunks and process in a food processor until smooth and creamy.*) Serve immediately or transfer to a storage container and let harden in the freezer for 1 to 1 1/2 hours. Serve in chilled dishes.

**MAKES 6 SERVINGS, 1/2 CUP EACH.**

**PER SERVING:** 106 CALORIES; 1 G FAT (0 G SAT, 0 G MONO); 2 MG CHOLESTEROL; 24 G CARBOHYDRATE; 2 G PROTEIN; 4 G FIBER; 21 MG SODIUM; 441 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (28% DAILY VALUE), Fiber (16% DV).





## PEACH-LIME SORBET

**ACTIVE TIME:** 30 minutes | **TOTAL:** 5 hours (including chilling & freezing time)

**TO MAKE AHEAD:** Freeze in an airtight plastic container for up to 1 week.

*This tart, refreshing sorbet makes an elegant end to a summer meal. Always smell peaches before you buy them to make sure they're sweet and ready to eat.*

- 1 1/2 cups water**
- 2/3 cup sugar**
- 2 tablespoons light corn syrup**
- 1 pound fresh peaches or nectarines,  
halved and pitted**
- 1 teaspoon freshly grated lime zest**
- 6 tablespoons lime juice**
- 1/4 teaspoon salt**

**1.** Stir water, sugar and corn syrup in a large-saucepan over medium heat until the sugar dissolves. Add peaches (or nectarines); bring to a simmer. Reduce heat, cover and simmer for 10 minutes.

**2.** Pour the fruit-syrup mixture into a blender. Add lime zest, juice and salt; blend until smooth. Pour into a large bowl and refrigerate until cold, 4 hours or overnight.

**3.** Freeze the sorbet mixture in an ice cream maker, according to the manufacturer's directions. (Alternatively, pour the mixture into ice cube trays and freeze until solid, about 4 hours. Unmold cubes, place half in a food processor fitted with the chopping blade, and process, scraping the sides as necessary, until fairly smooth but still icy. Repeat with the remaining cubes.)

**MAKES 8 SERVINGS, 1/2 CUP EACH (1 QUART).**

**PER SERVING:** 109 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 29 G CARBOHYDRATE; 0 G PROTEIN; 1 G FIBER; 77 MG SODIUM; 115 MG POTASSIUM.



## PLUM & APPLE COMPOTE WITH VANILLA CUSTARD

**ACTIVE TIME:** 20 minutes | **TOTAL:** 1 hour | **TO MAKE AHEAD:** Refrigerate compote and custard in separate containers for up to 2 days.

### COMPOTE

- 12** prune plums or 8 red or black plums, pitted and chopped
- 1/3** cup apple cider
- 1/4** cup sugar or Splenda Granular (see *Ingredient note*)
- 1/4** teaspoon ground cinnamon
- 4** large apples, such as Mutsu (Crispin), Fuji or Gala

### CUSTARD

- 1 1/2** cups low-fat milk, divided
- 1/4** cup sugar or Splenda Granular
- 1** tablespoon cornstarch
- Pinch** of salt
- 2** large eggs, lightly beaten
- 1** teaspoon vanilla extract



- 1. To prepare compote:** Combine plums, cider, 1/4 cup sugar (or Splenda) and cinnamon in a medium saucepan; bring to a simmer over medium heat. Cook, stirring occasionally, until the plums are soft and falling apart, about 5 minutes. Remove from the heat. Peel and grate apples. Stir the grated apples into the plums. Spoon the compote into a large bowl and chill in the refrigerator.
- 2. To prepare custard:** Heat 1 cup milk in a saucepan over medium heat until steaming; do not boil. Mix 1/4 cup sugar (or Splenda), cornstarch and salt in a medium bowl. Add eggs and whisk until smooth. Whisk in the remaining 1/2 cup cold milk. Add the heated milk to the egg mixture, whisking constantly. Return the mixture to the saucepan. Cook over low heat, whisking constantly, until thickened, about 3 minutes. Remove from the heat and whisk in vanilla. Transfer the custard to a clean bowl and let cool slightly or refrigerate until chilled.
- 3. To serve,** spoon custard into dessert dishes and top each with compote.

**MAKES 12 SERVINGS, 1/2 CUP EACH.**

**PER SERVING:** 119 CALORIES; 1 G FAT (0 G SAT, 1 G MONO); 37 MG CHOLESTEROL; 25 G CARBOHYDRATE; 3 G PROTEIN; 2 G FIBER; 37 MG SODIUM; 210 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (15% DAILY VALUE). **PER SERVING WITH SPLENDA:** 91 CALORIES, 18 G CARBOHYDRATE.

**INGREDIENT NOTE:** In the EATINGWELL Test Kitchen, sucralose is the only alternative sweetener we test with when we feel the option is appropriate. For nonbaking recipes, we use Splenda Granular (boxed, not in a packet). For baking, we use Splenda Sugar Blend for Baking, a mix of sugar and sucralose. It can be substituted in recipes (1/2 cup of the blend for each 1 cup of sugar) to reduce sugar calories by half while maintaining some of the baking properties of sugar. If you make a similar blend with half sugar and half Splenda Granular, substitute this homemade mixture cup for cup.

When choosing any low- or no-calorie sweetener, be sure to check the label to make sure it is suitable for your intended use.

## BLUEBERRY CRUMBLE

**ACTIVE TIME:** 10 minutes | **TOTAL:** 40 minutes | **EQUIPMENT:** Four 6-ounce glass ramekins or other ovenproof dishes.

*A fruit crumble is a sure way to satisfy the sweet tooth and add another serving of fruit to your diet. Any fresh or frozen fruit can replace the berries specified in this recipe. Leave small berries whole, but peel, pit and chop larger fruits, such as peaches or plums.*

**1 1/2 cups fresh or frozen blueberries or other fruit**

**1 tablespoon sugar**

**1 tablespoon whole-wheat or all-purpose flour**

**1 tablespoon orange juice**

**1 cup Crumble Topping (below)**

**1.** Preheat oven to 400°F.

**2.** Toss berries (or other fruit) with sugar, flour and juice.

Divide the mixture among four 6-ounce glass ramekins or other ovenproof dishes. Top each with 1/4 cup Crumble Topping. Place the dishes on a baking sheet.

**3.** Bake the crumbles until the tops are browned and the filling is bubbling, 20 to 25 minutes. Let stand for at least 10 minutes before serving.



**MAKES 4 SERVINGS.**

**PER SERVING:** 233 CALORIES; 10 G FAT (1 G SAT, 6 G MONO); 0 MG CHOLESTEROL; 36 G CARBOHYDRATE; 3 G PROTEIN; 4 G FIBER; 2 MG SODIUM; 154 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (20% DAILY VALUE).

## CRUMBLE TOPPING

**ACTIVE TIME:** 10 minutes | **TOTAL:** 10 minutes | **TO MAKE AHEAD:** Cover and refrigerate for up to 1 week or freeze for up to 1 month.

**1 1/2 cups old-fashioned rolled oats**

**3/4 cup pecans or almonds, chopped**

**1/2 cup brown sugar**

**1/3 cup whole-wheat or all-purpose flour**

**3/4 teaspoon ground cinnamon**

**5 tablespoons canola oil**

Combine oats, nuts, brown sugar, flour and cinnamon in a medium bowl and stir until well blended. Drizzle oil over the dry ingredients and stir until evenly moistened.

**MAKES ABOUT 3 CUPS, ENOUGH FOR 12 INDIVIDUAL CRUMBLES OR 1 LARGE (9-BY-13-INCH) CRUMBLE.**

**PER 1/4 CUP:** 161 CALORIES; 10 G FAT (1 G SAT, 5 G MONO); 0 MG CHOLESTEROL; 18 G CARBOHYDRATE; 2 G PROTEIN; 2 G FIBER; 1 MG SODIUM; 68 MG POTASSIUM.

## PUMPKIN PIE WITH RUM

**ACTIVE TIME:** 30 minutes | **TOTAL:** 1 hour 10 minutes

*Dark molasses and dark rum put this pumpkin pie a cut above all the rest. Don't use pumpkin-pie mix—buy canned pumpkin without added spices. If you don't have a 9-inch, deep-dish pie pan, use a standard 9-inch pie pan and bake the extra filling in a custard cup.*

### CRUST

- ¾ cup all-purpose flour**
- ¼ cup whole-wheat flour**
- 1 tablespoon sugar**
- ⅛ teaspoon salt**
- 1 tablespoon butter**
- 3 tablespoons canola oil**
- 1-2 tablespoons ice water**

### FILLING

- 2 large eggs**
- 1 15- or 16-ounce can plain pumpkin puree (1 ½ cups)**
- 1 12-ounce can evaporated skim milk**
- ¼ cup dark molasses**
- 3 tablespoons dark rum or 1 tablespoon vanilla extract**
- ½ cup packed dark brown sugar**
- 1 tablespoon cornstarch**
- 1 teaspoon ground cinnamon**
- 1 teaspoon ground ginger**
- ¼ teaspoon freshly grated nutmeg**
- ¼ teaspoon salt**



**1. To make crust:** Stir together all-purpose and whole-wheat flours, sugar and salt in a medium bowl. Melt butter in a small saucepan over low heat. Cook, swirling the pan, until the butter turns a nutty brown, about 30 seconds. Pour into a small bowl and let cool. Stir in oil. Slowly stir the butter-oil mixture into the flour with a fork until the mixture is crumbly. Gradually stir in enough ice water so that the dough will hold together. Press the dough into a flattened disk.

**2. Place two overlapping lengths of plastic wrap on the work surface. Set the dough in the center and cover with two more sheets of plastic wrap. Roll the dough with a rolling pin into a 13-inch circle. Remove the top sheets and invert the dough into a 9-inch, deep-dish pie pan.**

Remove the remaining wrap. Fold the edges under at the rim and crimp. Cover loosely with plastic wrap and refrigerate while you prepare the filling.

**3. To make filling:** Position rack in lower third of oven; preheat to 350°F. Lightly whisk eggs in a medium bowl. Add pumpkin, evaporated milk, molasses and rum (or vanilla). Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Rub through a sieve into the pumpkin mixture and whisk until incorporated.

**4.** Pour the filling into the prepared crust and bake until the filling has set and a skewer inserted in the center comes out clean, 40 to 50 minutes, covering the edges with foil if they are browning too quickly. Cool on a wire rack.

**MAKES 8 SERVINGS.**

**PER SERVING:** 278 CALORIES; 8 G FAT (2 G SAT, 4 G MONO); 58 MG CHOLESTEROL; 43 G CARBOHYDRATE; 7 G PROTEIN; 3 G FIBER; 187 MG SODIUM; 397 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (137% DAILY VALUE), Calcium (21% DV), IRON (15% DV).

## CHOCOLATE-HAZELNUT CAKE

**ACTIVE TIME:** 1 hour | **TOTAL:** 2 1/2 hours | **TO MAKE AHEAD:** prepare through step 8. The cake will keep, well wrapped, at room temperature for up to 1 day or in the freezer for up to 3 months. | **EQUIPMENT:** 9-inch round cake pan

*Turn this moist, dense and truly chocolaty cake into an elegant dessert by garnishing each serving with a dollop of whipped cream, some fresh raspberries and a light dusting of cocoa. Note that this cake does not contain any leavening: beaten egg whites alone are used to lighten it.*

### CAKE

- 1/2 cup chopped pitted dates**
- 1/2 cup unsweetened cocoa powder**
- 1 teaspoon instant coffee granules**
- 1/2 cup boiling water**
- 1/2 cup chopped hazelnuts, plus 2 tablespoons for garnish**
- 2 slices firm white sandwich bread, crusts trimmed**
- 1/3 cup all-purpose flour**
- 1/4 teaspoon salt**
- 2/3 cup sugar, divided**
- 2 tablespoons canola oil**
- 1 teaspoon vanilla extract**
- 1 large egg**
- 3 large egg whites or 2 tablespoons dried egg whites, reconstituted according to package directions**

### GLAZE

- 1/3 cup unsweetened cocoa powder**
- 2 ounces bittersweet (not unsweetened) chocolate, finely chopped (1/3 cup)**
- 1 tablespoon corn syrup**
- 1 teaspoon instant coffee granules**
- 1/4 cup boiling water**
- 1/2 teaspoon vanilla extract**
- 1 cup confectioners' sugar**

- 1. To prepare cake:** Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the bottom with parchment or wax paper.
- 2.** Combine dates, cocoa and instant coffee in a small bowl. Add boiling water and stir until the cocoa has dissolved. Cover and let stand until the dates have softened and the mixture has cooled to room temperature, about 20 minutes.
- 3.** Meanwhile, spread hazelnuts in a shallow baking dish and bake until fragrant and lightly toasted, 5 to 10 minutes. Transfer to a plate and let cool.
- 4.** Grind bread into fine crumbs in a food processor. Measure to make sure you have 1/2 cup. Transfer to a large bowl. (No need to wash the workbowl between steps.)

- 5.** Place  $\frac{1}{2}$  cup of the hazelnuts in the food processor. Add flour and salt; process until the nuts are finely ground. Transfer to the bowl with the breadcrumbs.
- 6.** Scrape the cooled date mixture into the food processor. Add  $\frac{1}{3}$  cup sugar, oil, vanilla and whole egg; process until smooth, stopping several times to scrape down the sides of the workbowl. Scrape the mixture into the bowl with the breadcrumbs and nuts. Mix gently with a rubber spatula.
- 7.** Beat egg whites with an electric mixer in a clean large mixing bowl until soft peaks form. Gradually add remaining  $\frac{1}{3}$  cup sugar, beating until stiff, glossy peaks form. Add one-fourth of the beaten whites to the batter and whisk until blended. Fold in the remaining whites with a rubber spatula just until blended. Scrape the batter into the prepared pan, spreading evenly.
- 8.** Bake the cake until the top springs back when touched lightly, 25 to 35 minutes. Let cool in the pan on a wire rack for 5 minutes. Coat the rack with cooking spray and invert the cake onto it to cool completely.
- 9. Meanwhile, to prepare glaze:** Combine cocoa, chocolate, corn syrup and instant coffee in a medium bowl. Add boiling water and stir with a wooden spoon until the chocolate has melted and the mixture is smooth. Stir in vanilla. Gradually add confectioners' sugar (to the chocolate mixture), beating with an electric mixer, slowly at first, then gradually increasing speed, until the glaze is smooth and thickened. (The mixture may seem lumpy at first, but it will smooth out.) Cover with plastic wrap and let sit at room temperature until the mixture is set, about 30 minutes.
- 10. To finish the cake,** place it bottom-side up on a serving plate. Place several strips of wax paper under the bottom edge to protect the plate from drips. Spoon on glaze and spread it evenly over the top and sides of the cake with an icing spatula or knife. Arrange the remaining 2 tablespoons hazelnuts around the top outside edge. Discard the wax paper before serving.

**MAKES 12 SERVINGS.**

**PER SERVING:** 234 CALORIES; 9 G FAT (2 G SAT, 5 G MONO); 18 MG CHOLESTEROL; 38 G CARBOHYDRATE; 5 G PROTEIN; 4 G FIBER; 86 MG SODIUM; 212 MG POTASSIUM.

**NUTRITION BONUS:** Fiber (15% DAILY VALUE).



## PECAN-CRANBERRY TART

**ACTIVE TIME:** 30 minutes | **TOTAL:** 1 hour

*Too often pecan pie is overly sweet and laden with fat. Enjoy this better-for-you tart for your next feast.*

### CRUST

- 1/2 cup old-fashioned oats**
- 1/2 cup all-purpose flour**
- 2 tablespoons granulated sugar**
- 3/4 teaspoon baking powder**
- 1/4 teaspoon salt**
- 2 tablespoons canola oil**
- 3 tablespoons water**

### FILLING

- 1 cup pecan halves, divided**
- 2/3 cup packed dark brown sugar**
- 2 large eggs**
- 2 large egg whites**
- 1/3 cup light corn syrup**
- 1 1/2 tablespoons cider vinegar**
- 1 tablespoon butter, melted**
- 2 teaspoons vanilla extract**
- Pinch of salt**
- 1/3 cup coarsely chopped dried cranberries**



- 1.** Preheat oven to 375°F. Coat a 9-inch removable-bottom tart pan with cooking spray.
- 2.** To make crust: Spread oats in another pie pan and bake, stirring occasionally, until toasted, 6 to 12 minutes. Let cool. Place the oats in a food processor and process until coarsely ground.
- 3.** Stir together oats, flour, sugar, baking powder and salt in a large bowl. Drizzle oil onto dry ingredients, blend until crumbly. Stir in water, 1 tablespoon at a time, until dough just comes together.
- 4.** Turn the dough out onto a floured surface and knead 7 to 8 times. Roll dough out to an 11-inch circle, dusting with flour if necessary. Transfer dough to prepared pan, pressing to fit. Trim edges. (If necessary, use scraps to patch any holes in crust.)
- 5.** To make filling & bake: Spread 1/2 cup pecans on a baking sheet and bake for 5 to 10 minutes, or until fragrant. Let cool and coarsely chop.
- 6.** Whisk brown sugar, eggs, egg whites, corn syrup, vinegar, butter, vanilla and salt in a medium bowl until smooth. Stir in dried cranberries and chopped pecans. Spoon filling into crust. Arrange remaining 1/2 cup pecans on top of filling.
- 7.** Bake tart for 20 to 25 minutes, or until filling is set and crust is golden. Cool completely in the pan on a wire rack.

**MAKES 10 SERVINGS.**

**PER SERVING:** 276 CALORIES; 13 G FAT (2 G SAT, 6 G MONO); 45 MG CHOLESTEROL; 38 G CARBOHYDRATE; 4 G PROTEIN; 2 G FIBER; 152 MG SODIUM; 129 MG POTASSIUM.



## TANGERINE-CHOCOLATE TART

**ACTIVE TIME:** 45 minutes | **TOTAL:** 2½ hours (including cooling time) | **TO MAKE AHEAD:** Refrigerate crust for up to 2 days or freeze for up to 1 month. | **EQUIPMENT:** 9½-inch removable-bottom tart pan

*Featuring the first citrus of the season, almonds and deep chocolate, this tart is the stuff celebrations are made of. Garnish each serving with tangerine slices and a mint leaf.*

### CRUST

- ½ cup whole-wheat pastry flour**
- ½ cup all-purpose flour**
- 2 tablespoons sugar**
- ¼ teaspoon salt**
- 3 tablespoons butter**
- 2 tablespoons canola oil**
- 2 tablespoons ice water, plus more as needed**
- 1 large egg yolk (save egg white for the filling)**
- 1 teaspoon lemon juice**

### FILLING

- ½ cup slivered almonds (2 ounces)**
- ⅓ cup sugar**
- 2 large eggs**
- 1 large egg white**
- ½ cup tangerine juice (about 3 tangerines) or orange juice**
- 2 tablespoons lemon juice**
- 4 teaspoons freshly grated orange zest (2 oranges)**
- 3 ounces bittersweet chocolate, coarsely chopped, divided**



**1. To prepare crust:** Whisk whole-wheat flour, all-purpose flour, sugar and salt in a medium bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs with a few larger pieces. Add oil and stir with a fork to blend. Mix 2 tablespoons ice water, egg yolk and lemon juice in a measuring cup. Make a well in the center of the dry ingredients. Add just enough of the liquid, stirring with a fork, until the dough clumps together. (Add a little water if the dough seems too dry.) Turn the dough out onto a lightly floured surface and knead several times. Form the dough into a ball, then flatten into a disk. Wrap in plastic wrap and refrigerate for at least 30 minutes.

**2. Coat a 9½-inch removable-bottom tart pan with cooking spray. On a lightly floured surface, roll the dough into a rough 12-inch circle, slightly less than ¼ inch thick. Drape the dough over the rolling pin and transfer to the prepared pan. Press to fit. Run the rolling pin over the top of the pan to trim the edges; discard trimmings. Wrap the crust in plastic wrap and chill in the freezer for 15 minutes or in the refrigerator for up to 2 days.**

**3. Preheat oven to 375°F. Cut a circle of parchment paper or foil, coat one side with cooking spray and cover the chilled crust with it. Weight with pie weights (or dry beans or rice).**

Place the pan on a baking sheet. Bake the crust for 8 minutes. Remove the paper and pie weights and continue baking until set but not browned, about 4 minutes more. Set aside on the baking sheet.

**4. To prepare filling:** While the crust is baking, spread almonds in a small baking pan and toast in the oven until fragrant and light golden, 3 to 5 minutes. Transfer to a plate to cool.

**5.** Place the almonds and sugar in a food processor; process until the almonds are ground. Add eggs, egg white, tangerine juice (or orange juice), lemon juice and orange zest; process until blended. Scatter about 2 ounces of the chocolate over the crust. Pour the tangerine filling into the baked crust.

**6.** Bake the tart at 375° until the filling is set, 25 to 35 minutes. Loosen edges and remove pan sides. Let cool completely on a wire rack. Place the remaining 1 ounce chocolate in a small bowl and set it in a small skillet of barely simmering water to melt. (*Alternatively, melt chocolate in the microwave.*) Drizzle the chocolate decoratively over the tart.

**MAKES 8 SERVINGS.**

**PER SERVING:** 243 CALORIES; 14 G FAT (5 G SAT, 5 G MONO); 30 MG CHOLESTEROL; 30 G CARBOHYDRATE; 4 G PROTEIN; 3 G FIBER; 67 MG SODIUM; 103 MG POTASSIUM. **NUTRITION BONUS:** Vitamin C (15% DAILY VALUE).

**VARIATION:** Lemon-Almond Tart Substitute lemon juice for tangerine juice and lemon zest for orange zest. Omit chocolate. Garnish with raspberries or blackberries.

**TEST KITCHEN TIP:** For decorative drizzling, spoon melted chocolate into a small plastic bag, snip off a corner and squeeze.

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